

LIST OF MEDICATIONS - Prescription And Over-The-Counter					Allergies:	
Medications Taking	Why Taking?	Dose				
					How Often/When	

Seniors: Are You Prepared?

Emergencies and Your Medicines



Your Pharmacist is your resource for questions on medications both prescription and over-the-counter.

The Maryland Board of Pharmacy's Taskforce on Emergency Preparedness approves this initiative.



Why Be Ready?

Emergencies - natural disasters such as fires, floods, blizzards or man-made disasters such as acts of terrorism or infectious disease outbreaks present challenges for seniors.

To be ready you must be prepared. **It's your responsibility.**

As we age, illnesses and the need for many medications increase.

You need in your emergency kit

- Medicine: Prescription and over-the-counter
- Medical supplies to care for your illness

Essential items for an emergency kit

- Water, Food (*non-perishable*)
- Clothing
- Medications
- Flashlight (*extra batteries*)
- Hygiene Items
- Radio (*extra batteries*)
- First Aid Kit
- Manual Can Opener

An emergency kit has items that you will need to stay in place or leave during an emergency. Place all of the above items in your emergency kit. Include items for your pets too!

Know Your Medications!

Know *what* prescription medications you are currently taking:

- Name
- Dose
- How much and when to take

Know *why* you are taking each medication

Know *possible side effects* of each medication

Know what could happen if you *stopped* taking the medication(s)

Make a list of all your prescription medications and any over-the-counter medicines that you take

Carry that list with you at all times-
keep it up-to-date

Place in a waterproof pouch such as a vinyl pencil case:

- Patient Information Sheet that comes with your prescription
- Copy of your health insurance card and/or prescription card
- Copy of this brochure

What You Can Do!

Refill your medications on a regular basis. **Don't wait until you have only one dose left.**

Refill your prescription a week before it runs out. Your insurance may allow you to do this. Check with your pharmacist.

Keep a **two week supply of all medicines** in your emergency kit

Rotate the medicines in your emergency kit to keep them current.

Take out any medication that is stopped from your emergency kit.

Write Down

Primary Physician: _____

Telephone: _____

Pharmacy: _____

Telephone: _____

Pharmacy: _____

Telephone: _____

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Resources

www.ready.gov
(www.ready.gov.america/getakit/seniors.html)

www.AARP.org/CreateTheGood
Click on Rx Snapshot. Help persons manage their medications effectively and safely

www.bt.cdc.gov
Centers for Disease Control and Prevention, Emergency Preparedness and Response

www.redcross.org/preparedness
ARC and CDC answer common questions and provide guidance on preparedness



For further information about putting together an emergency kit, go to:
www.montgomerycountymd.gov/apc.
Click on the *Plan to Be Safe Campaign* link.



Alternative formats of this document are available upon request by calling: 240-777-1245 Voice or via Maryland Relay at 711 or you may send a request via email to **hhsmail@montgomerycountymd.gov**

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